

# 50fifty

**m a g a z i n e**

## JULY

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# **For her ... but not only!**

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## For her...

Woman is this mysterious creature that since its existence has puzzled men and has made them debate among themselves its rightful place in society. It's been said that women are too delicate and weak, therefore they are unable to depend on themselves; they are extremely emotional and oversensitive and for this reason, it is dangerous to give them decision-making roles; they have smaller brains which makes them unintelligent and hence they are in no position to lead. These theories and assumptions that have kept popping up since the creation of man are not so hard to fathom when they are made by men. It is normal and only natural for men to be scared of the opposite sex sharing the power with them. But having women promoting these ideas is what is really dragging us down and causing all the problems. In fact, these theories and ideas would have no weight whatsoever if no woman believed in them.

We know that throughout history women have fought for equality, that women have been oppressed by men and denied their rights. We all know that, no need to dwell on it. The real question is what have the rest of the women been doing while their minority mothers, sisters and daughters have been fighting for their rights? The answer is, most of them have been destroying their work. Shocking? It is true. When we say that society is unfair to women, we always tend to forget that half of society is made up of women. As a matter of fact, the most influential part of how society thinks is women. It is a woman who is a mother; the mother is the closest parent to the child most of the time, and it is she who shapes most of her children's ideas and beliefs, not only based on what she says, but on what she does.

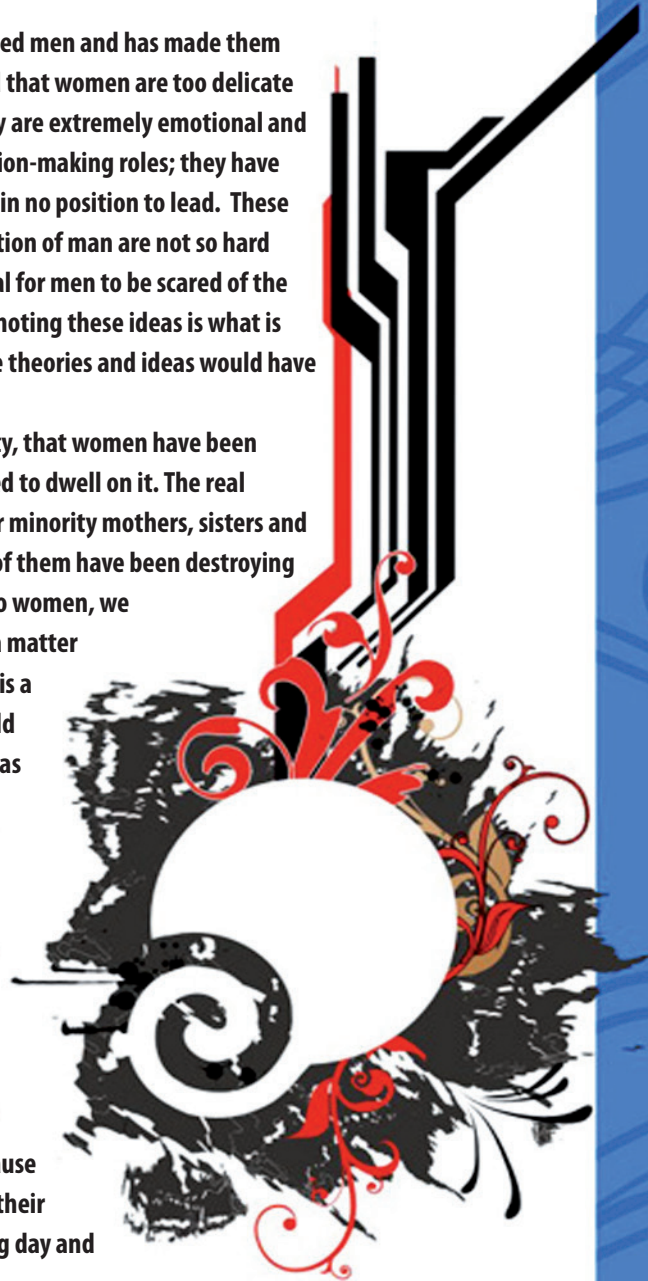
Whenever a mother treats her male children differently than her female children, whether by giving more freedom to her boys or giving less power to her girls, she is planting a clear idea in their heads of what each gender's place in society is supposed to be, and it all starts with the 'my boy will grow up to be the best doctor in the world, and my beautiful girl will grow up to marry the best doctor in the world' cliché that dreaming mothers usually love to share with their children over and over throughout their childhood. And whenever a woman accepts being stepped on and walked over because she believes women must sacrifice their lives to get the blessing of their society, she is taking the work of her fellow women who are fighting day and night for their rights two steps back.

Dear mother, sister and daughter, since the main reason most of you are afraid of claiming your place in society, which is next to men and not behind them, is because you think you are too weak to deserve it, that your mission on this planet is to please men, and that you have nothing else to offer to the world but your body; 50/Fifty dedicates this spring issue to all of you to show you how women from all kinds of backgrounds have been breaking barriers throughout the ages to lead the life they want. To make you understand that no one will respect or believe in you if you don't respect and believe in yourself. You have everything to make the world a better place; don't waste your time on earth blaming your miserable life on men when you have the choice to fix it yourself.

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# Your country is what you For a green Algeria, you

Green is the emblematic color of a healthy environment. To keep the Earth balanced, awareness and monitoring must be considered; even patriotism plays a major role in carrying out this goal. The human race needs to be surrounded by and covets an ecosystem that is safe and sound. To maintain crystal waters, pure air and productive land, optimum conditions need to be created. Cities around the world design processes and plans in order to reduce GHG (Green House Gas) emissions and consequently lessen global warming.



**T**his article is going to highlight how people from different countries do or do not protect their environment and what the approaches are for developing a good lifestyle for certain individuals while the unresponsiveness of certain others leads to abandoned surroundings. There are some cities in the world that embellish their parklands, roads, houses ...etc regularly and with perfection such as, for instance, Calgary. Calgary is listed top of the cleanest places in the world. Algeria, by contrast, is still a far way from being 'top of the heap'.

### *The way they do it...*

Calgary is located in the south of the province of Alberta, Canada; between the Rocky Mountains and the prairies, more than 1000 meters above sea level. Bow and Elbow, the two flourishing rivers, run alongside the impeccable city, which testifies to the rainy climate of this continent.

The ecological footprint, also known as the environmental footprint, is a very common unit of measurement in developed countries. It is the impact of a person, a factory or an activity on the environment. Household appliances, transport, electricity

consumption and excessive population growth all contribute to green house gas emissions. It takes years or decades to change human actions, habits and daily routines. Nevertheless, Calgary, like a number of other cities, is doing its best to achieve it, in stark contrast to many Algerians who ignore the impact of their casual neglect on the climate of our planet. The effects of day-to-day





# make it must act



thoughtlessness on the ecological stability of our own beautiful country and others is, in fact, a lot more destructive than those who disrespect ecological policies are prepared to realize. Minor acts of ignorance such as littering the roads with dirt even when trash cans are available at every street corner are indicators of indifference on a much larger and much more devastating scale.



## *This is how we got here...*

Algerians want to live in luxurious, healthy and immaculate places. However, most of them do not lift a finger to actually improve things. Our dear country encounters a miserable and heart-rending deficit of ecological awareness. Many Algerians possess their own car claiming individual transport to be more comfortable than traveling by bus. Sure! But to decrease Greenhouse gas emission rates, it would be more perspicacious to use public transport. Nevertheless, Calgary implements preventative programs to encourage its residents to share one car between different people, use public transport, ride a bike or even walk -which is beneficial to our health. If they must have a car, they suggest it should be a well tuned. Furthermore, with regards to traffic lights, conventional lamps were retrofitted with Light Emitting Diode (LED), which consume, on average, 80% less energy and produce brighter light. Algeria, by contrast, still uses the less ecologically fit conventional model.

In 2008, Calgary enlisted to use tallow as its main of biodiesel, which has a very low ecological footprint. To lower its ecological footprint, Calgary undertakes several programs and has developed several policies, encouraging Calgarians, for instance, to buy locally grown or produced foods that necessitate less transportation to reach the shelves of a supermarket, and therefore less GHG is emitted into the atmosphere. Besides, avoiding processed or packaged food can decrease the carbon footprint. Processed food requires more energy to prepare, which means more pollution. In Algeria, imported groceries are in great demand because they are better-looking from an aesthetic point of view. This is, however, a merely psychological effect: the conditioned eye sees health, modernity and safety in the beauty of foreign packaged products. But, in order to reduce, if only by little, the pollution caused by the fossil fuels needed to transport the food, we simply have to support our farmers and buy local organic food. (This, incidentally, is advisable not only from the ecological point of view.)

## *Small steps...*

Electrical energy has paramount repercussions on our habitat. We rely on it in almost every daily action. For instance, in using household appliances such as fridges, microwaves, blenders, dishwashers, etc. Electronic gadget use usually requires a lot of energy. Though house lamps waste more energy than compact fluorescent light bulbs, most Algerians are still using them. The use of compact fluorescent light bulbs helps to reduce GHG emissions. One of the projects that Calgary undertook was 'Target minus 5', which enabled the reduction of GHG emissions by 50% in 2012 compared to 1990. This project adopted the EnviroSmart streetlight retrofit program, which took

two years to complete between 2003 and 2005. The wattage of streetlight lamps was cut down from 200 watts to 100 watts on residential roads and from 250 watts to 150 watts on collector roads.

## *What about garbage?*

The Algerians favorite subject! We hear about it wherever we go, on the radio, on the television, outside and it appears as a topic of women's gossip. We must act now. It does not suffice to be satisfied with telling ourselves that other Algerians are making our country dirty but stay arms crossed. We can't keep saying that we love our country without acting. We must hurry up, time is running out! Eat less packaged food; throw away less garbage and recycle plastic bottles to make a little start to decrease our carbon footprint. Moreover, we need to think seriously about renewable energy and set up more windmills and solar panels. We do have to protect our forests and inaugurate more parkland so that the excess of Carbon Dioxide in the air can be swallowed up during photosynthesis. Also, education and popular culture have a huge impact on the ability to change things. So, of course, do government policies aimed at providing viable alternatives. While these are indispensable, our little article shows you what you personally can do to make a start right now and right here.

Unity is strength. Through unity of purpose and action we can manage the pollution problem and work things out so as to have the most beautiful city in the world – and let there be no doubt. But we must act NOW.

*By Siham Zamouchi*







# Women's education, its role in defining their social status and its impact on society

**One dualism that marks out Western thought and carries a lot of significance, is definitely that of male and female. The roles of men and women, and collaterally of education, are a direct concern to many contributors to Western thought and implied in that of many thinkers of non-Western origin.**

While the great philosophers questioned certain assumptions central to the intellectual edifice of their societies, they affirmed others. Most of these thinkers being male, the relationship between the sexes as they define it is often a hierarchical one, either reflecting their explicit position or implying that it is proper for men to dominate women.

Given the fact that Hellenistic thought forms an important source of classical Islamic as well as European philosophy and that Indian and Chinese philosophers equally endorse a clear and strongly hierarchical distinction between male and female with regard to their social roles and the education geared to prepare them for these, the following short summary will focus on the teachings of some influential Hellenic and European thinkers representative of what has been (or lies at the root of) the recent century's mainstream philosophy.

### ***Women are inferior to men in all ways, including intellect***

Socrates, to begin with, on behalf of Plato declares that females will be reared and trained alongside males, receiving the same education and taking on the same political roles, though he acknowledges that in many respects men and women have different natures. Plato advocates the equal education of women

in all academic disciplines, but it would be inaccurate to think that Plato believed in the modern notion of equality between the sexes. Rather, he states that women are inferior to men in all ways, including intellect. He believed that within each class (of which, in his concept of an optimally organised society ruled by the philosophers, i.e. the [spiritually] learned, the experts, as laid down in his "Republic", there would be three in all) the women are inferior to the men. So, for instance, guardian women (representing the highest class in the society advocated by him) would be superior to men of the two other, lower classes, but inferior to most men of their own class.

### ***Women are unfinished men***

Aristotle believed that women are incomplete compared to men and that woman's character and disposition was in a way that of an «unfinished man». Women, he postulates, are weaker both physically and mentally, and should therefore resign themselves to a passive role allowing the man to dominate. One argument Aristotle used to support this claim was the idea that during reproduction, «woman is passive and receptive, while man is active and productive». On the grounds of this reasoning, Aristotle believed that the child inherits only the male characteristics and the woman is merely the soil, while the male is the sower, receiving and bringing forth the



seed. Aristotle believed that reproductive functions were a determining cause in the status of one's life, and in turn believed men to be superior and women to be inferior, due to their biological roles with regard to conception and reproduction. This also led him to believe that men were more intelligent and capable of learning than women. Although he held the belief that men were thus inherently more knowledgeable than women, he did feel that women should be educated. Yet, since he believed that men were by biological disposition able to learn and retain more information than women, he denied that women should have the same type of education.

## ***Women's highest concern should be her appearance***

The 19th and early 20th century's thought, on which Freud with his psychoanalytical school and Nietzsche with his radical, as it were 'messianic', renewal of Western philosophy had a formative impact, remains, as did these, largely wedded to traditional roles for women, and the two genders in general, that had persisted since the times of the ancient Greeks. Like those of their predecessors, however, their arguments provide new twists on or justifications for the old stereotypes.

Freud argues that the distinction between masculine and feminine is not simply psychological or social but has biological roots that can be traced back to the male and female sex-cells. He asserts that during conception the male cell is active whilst the female waits passively. This distinction carries with it important implications. Apart from the unique prenatally determined biological basis of gender identity implied in this, the significance of this thesis lies in the fact that it would provide a scientific justification of the contrasting social roles allotted to the two genders, with men and women being destined to assume the traditional roles of head of the family and wife and mother, respectively.

Nietzsche argues against efforts to provide equal education for, and otherwise recognize and create more rights for, women. He claims that belief in equality between the sexes is a result of the triumph of slave morality and that making women more self-reliant is one of the "worst developments in the general uglification of Europe". Women have steadily lost influence since the French Revolution because they have retreated from their proper roles and functions in society. Men should be trained to be warriors, while women should be trained to be a kind of recreation for these same warriors, he argues. Nietzsche continues by saying that the woman's highest concern should be her appearance; she should be silent when it comes to politics, and should generally be regarded as man's property, as it were. Overall, he rails against the emancipation and education of women as contrary to their nature and cautions them not to imitate men in any way.

## ***Women's disqualification for citizenship...***

There are, we are told, natural and irreversible gender differences which preclude women from any active participation as citizens. This is Rousseau arguing. These differences originate from the women's subordinate status in the family, which is mirrored by their (the women's) disqualification for citizenship. This is because their thinking, according to Rousseau, is of practical nature, useful in domestic situations but lacking the kind of judgement necessary for public activity. Rousseau, like all the other thinkers discussed here, draws a parallel between the 'natural' and social roles and education. In his book *Emile*, Emile, the man, is taught to be the breadwinner and prepared for citizenship while Sophie, the woman, is to learn how to be a good wife and mother.

## ***Women act like children for a reason***

In her book *A Vindication of the Rights of Women*, Mary Wollstonecraft argues against the proposition that women are naturally emotional and intellectually inferior. Her contention is that the lack of intellectual development in women is due to the differences in educational opportunities between the two sexes. While men receive an intellectual, academic education, women are left to be educated by society, which results in the cultivation of emotional and feminine traits. For Wollstonecraft, this 'natural disposition' of women is artificial; a consequence of the roles society lays down for them. Women are fond of dress and gossip, are helpless, emotional, and weak, and act like children not because it is their nature but because they are educated or trained to be this way. The artificiality of gender-typical behaviour patterns is strongly corroborated by the anthropological studies of Margaret Mead, whose influential (field) research work established the absence of gender-typical temperament and disposition in societies where temperament and disposition are not defined by gender, as well as by Marx's pioneering social and economic studies. Moreover, it is borne out, to a certain extent, by Freud himself, who goes on to stress the

influence of social customs in the formation of gender identity and cautions against biological determinism, pointing out as well that the "preference [for] passive aims", by which he characterises the female psyche, is distinct from passivity.

## ***Women as alluring objects who pay homage to men***

Though conceding that men may be physically stronger by nature [albeit this concept in itself remains contestable], Wollstonecraft asserts that men are not content with this but instead seek to make women inferior in other ways and render them alluring objects who pay homage to men. Women, traditionally, have been placed so low in society that Wollstonecraft sees them as having sunk below the level of rational creatures. Out of ignorance and lack of purpose then, women are attracted to the attention of men and fall for it, as it is this approving attention that validates them as social beings and provides them with an identity, as it were.

Consequently, society has adopted a mistaken notion of what female excellence is. She postulates that women should be educated to be companions for men because if not, no progress toward virtue and knowledge can be made. Women should have the same education because "truth is common to all" and all, including women, have the capacity to reason -to apply reason in a constructive and effective manner- if given proper education. "Mistaken education, a narrow uncultivated mind, and many sexual prejudices, tend to make women more constant than men" thus producing women's social personality.

The solution to these flaws, she concludes, is to extend the same educational opportunities to women as are given to men. Furthermore, instruction should be co-educational, with rich and poor being educated together. For Wollstonecraft, to strengthen the female mind by enlarging it is to end women's blind obedience to male domination and living for pleasure. The best education, then, is one that fosters understanding, strengthens the body and forms the heart.

***By Daniela Mifsud***







# Momentous Event or Shallow Celebration?

**"Woman is the  
companion of man,  
gifted with equal  
mental capacity...  
If by strength is meant  
moral power, then  
woman is immeasurably  
man's superior...  
If non-violence is the  
law of our being, the  
future is with women..."  
Mahatma Gandhi**

**A**n illustrious day which gathers women all over the globe is the glorious 8th of March, which was given official recognition by the United Nations in 1975 and is celebrated worldwide. On the 8th of the third month of the year women from different countries and different races, celebrate the triumph over lost rights that were regained through a bitter and arduous struggle over decades.

## ***A glance back...***

It was first referred to as the "International Working Women's Day". Its roots go back to the 5th of March, 1857, when working women marched for the first time, in New York streets, protesting against inhuman working conditions. This resulted in some people getting injured and other being arrested by the police. Fifty two years later in 1909 the Socialist Party of America declared the 28th of February, as a "national women's day in the US. In August 1910, the representatives of the "International Labor Movement" held a meeting in Copenhagen which was led by Clara Zetkin, a revolutionary Socialist in the German Social Democratic Party. The meeting ended with the decision that an annual "International Day of Working Women" should be held. It was decided that the 19th of March serve as a commemoration of events from the past as well as honoring women who suffered poor working conditions. International

Women's Day, however, was not celebrated until 1911, at which time it was taken up by millions of people in Switzerland, Denmark, Germany and Australia. In 1911, Russian textile factory workers went on strike. This strike came to be known as the 'Bread and Roses' strike, as their women famously





joined them, carrying a banner that read: "We want bread, but we want roses too!".

In 1917 women in Russia protested once more and went on strike for 'Bread and Peace'. According to the Julian calendar (the calendar used in Russia at the time), the strike took place on the 23rd of February. After much discussion the 8th of March was decided upon using the Gregorian calendar (which is the one commonly used today). The strike resulted in the abdication of the Czar and the attainment of Russian women's right to vote. The year 1945 marked the signing of the Charter of the United Nations, in San Francisco, that proclaimed gender equality. Ever since, the UN has helped to create a historic legacy of internationally agreed strategies, standards and goals in order to improve the status of women worldwide.

## ***The world celebrating***

Although this event is widely commemorated and internationally recognized it is celebrated differently in different countries. In Palestine, Turkey, Sri Lanka and other countries women take to the streets to protest, whereas in Armenia, Mongolia and Burkina Faso, for instance, the ladies take the day off. This is also the case in Algeria, with the addition of exchanging of gifts and often a festive event. In the United States of America, where the significance of this day tends to be suppressed to be eclipsed by "Mother's Day" and the "mom cult", people donate money to non-profit organisations to help deprived women around the world. In England, festive activities and events are combined with educational seminars, art



exhibitions and interviews with inspirational -public or individual- personalities.

Theatrical performances with women's suffering and oppression as their theme, poetry readings, song recitals and film showings are also held in Pakistan.

## ***A Momentous Event?***

People around the globe consider this day an opportunity to honor women's past, economic and political achievements as well as to acknowledge the importance of women in society. Moreover, others want to raise awareness about women enduring domestic violence, which has been increasing all over the world over recent years, especially in European countries. We also need to celebrate this glorious day to help fight illiteracy which is rife, especially in Third World countries. Last but not least, it is proved that women are more likely to suffer poverty. According to statistics 70% of the world's poorest people are women. This is due to wages inequality which results in their receiving low salaries regardless of the fact that women perform the same work as men in several countries.

## ***A Shallow Celebration?***

No one can deny the facts mentioned above, yet just one day in a whole year does not solve all the problems of female subordination and tyranny across the world. Furthermore, regarding the United Nations' declaration "Stand Of Peace", there is no particular effort being made to raise awareness of women's suffering. This may be because often women themselves are not overly interested in these events. This heroic day is being mostly celebrated in a shallow way

that does not ennoble it in the right manner to reflect the struggle of women through history who fought persistently in order to win the right for a more humane treatment.

Women have suffered throughout history and are still suffering worldwide from abuse, rape and lack of education. This prevents them from knowing that they have a divine right to be free as well as to be treated as human beings with dignity.

***By Sebai Asma***







**Algerian Action**

# Offering a little help to those living in Algeria

**Algerian Action  
is a small  
London-based  
charity that aims  
at offering help  
to those children  
and families living  
in Algeria that are  
experiencing the  
effects of poverty.**

Unlike many other parts of Africa, Algeria is not a Third World country. It is a developed (and fast-developing) one. As a country, it possesses vast natural resources and is no doubt a wealthy nation. High unemployment rates and a lack of suitable housing, however, mean that almost one quarter of the population are currently living below the poverty line and in inadequate conditions. These are the people that Algerian Action aspires to help. The charity was set up by Emma Waller four years ago, after she spent a holiday in Algiers. Initially, the charity only provided clothing and other essentials to new born babies but over time, as more and more families received aid, it was realised that it was really the older children of poor families who were in the direst need of assistance, as the baby clothes could be recycled and used again each time an infant had outgrown them, whereas buying new clothes in increasingly bigger sizes was a true problem for families with very little income. With that in mind, the remit of Algerian Action was expanded to include babies as well as children aged 0-16 years. Today, the charity still provides clothing to this age group, along with the elderly who have no family support. They also offer assistance to those who cannot afford basic items of furniture or essential repairs to their homes, in addition to providing food to those in severe need. Algerian Action has a wide network of supporters from all over the world with approximately 1,000 donations

being received every month. The charity currently has 20 volunteers based in the U.K. and Algeria who help collect and distribute donations and generally help to promote the work of Algerian Action. Everyone involved gives their time and skills freely and nobody receives payment of any kind for the help they provide. In addition to the charity's general work of providing essentials to those in need, a number of special projects are regularly organized, including this year's Eid Appeal, which has just been launched. The charity is asking for donations of small toys, sweets, balloons - all the things that children love! It is planned that a total of 500 gift parcels will be distributed to children in Algiers at Eïdu'l Fitr. These children will largely be from poor families. However, Eid gifts will also be given to children in orphanages and to some in hospitals. Funding has recently been secured to start a new scheme later this year, which will provide fresh fruit on a fortnightly basis to families in dire need. Initially the project will cater for a limited number of families and will be gradually expanded to include all those who receive assistance from Algerian Action. If you would like to support the work of Algerian Action in any way, to donate, volunteer, to help spread the word, or if you know a child or family in need, please do get in touch.

For further information visit [www.algerianaction.co.uk](http://www.algerianaction.co.uk)



# Memory in the Flesh

## (Dhaakirat al-Jasad)

Arab women writers have shown their creativity, literary taste and their aesthetic ability. They went from writing as an art to writing as a message.

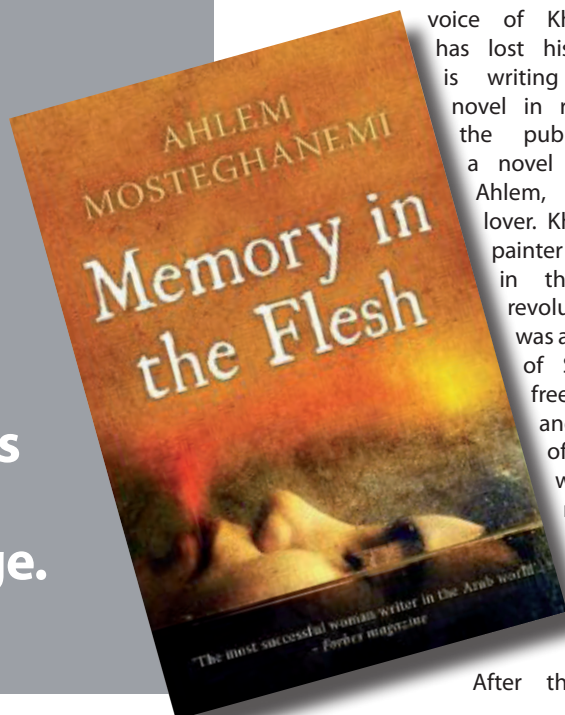


They were able to present the Arab world through their literary productions and to express what was inside them. Ahlem Mostaghanemi was one of those revolutionary authors. She was named "Most distinguished Arab woman" in 2006. She wrote for a reason and her works went beyond being just love stories. They were a portrait of a nation's struggle. Mostaghanemi's award-winning novel, a *Memory of the Flesh* (Dhaakirat al-Jasad) was the first novel written by an Algerian woman in Arabic. First published in 1985, the novel came to be very popular in the Arab world and aroused worldwide interest when it was translated into other languages. The novel

starts with the narrating voice of Khaled, who has lost his love and is writing his own novel in response to the publication of a novel written by Ahlem, his former lover. Khaled was a painter who fought in the Algerian revolution. He was a close friend of Si Taher, a freedom fighter and the father of Ahlem, whose name was registered by Khalid instead of her father.

After the Algerian

revolution, Khaled left for France and became a painter and a famous artist in Paris. He was later reunited with Si Taher's daughter at an art Gallery in France. For Khaled, Ahlem represents his hometown. Ahlem epitomizes all of Khalid's memories of his childhood, hometown and family. She became a portrait of Constantine, Khalid's hometown, and he soon fell in love with her. She made Khaled go back and forth between the past that was full of memories and the present that was full of love and passion. But Ahlem and Khalid's story was not only about love. It was also a story about hopes, desires, nostalgia, disappointment and the struggle between generations. Ahlem simply appeared in Khaled's life to interrupt his present. She connected him to his past and was able to build a bridge between him and his country. However, Khaled was soon disappointed as he suddenly realized that Ahlem belonged to a different generation. A generation that presented a Constantine different to the one that existed inside him. "Memory in the Flesh" went beyond the scope of a love affair to talk about the struggle of a country and the struggle between generations. The novel was all about memories after the revolution. It won the Naguib Mahfouz Prize for literature in 1998. Mostaghanemi made people recognize the Algerian struggle against foreign domination and the identity crisis that dominates the 'post-independence' nation. Thus, she was able to gain important status among the outstanding women writers around the world.



*By Imene Lardjane*

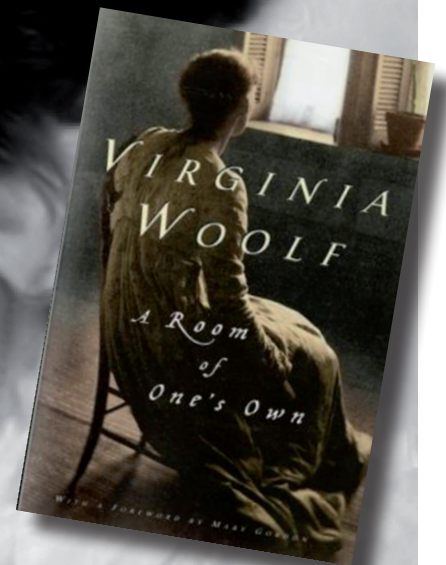
# Getting out of the cage

Women have been fighting for their rights for centuries. They haven't been asking for much but merely to be treated with the same amount of respect men have been treated with. Women tried so hard to make their voices heard.

However, it often seemed that the only thing that could make people stop and listen was literature. Literature has always been the most powerful weapon in women's struggle for emancipation and has played a major part in the advancement of feminism over the years. The written word elevated to the art of literature in its many forms is, of course, predestined to spark controversy, as some people may agree with a piece of work while others criticize it. In other words, a work of literature has the potential to get people talking, be it in praise or condemnation. In any case, people who communicate are bound to speak as well as listen, and if an author's voice captured on the pages of a book has produced such an effect she has achieved the one and exclusive goal of her art.

## *A Doll's House*

One of the most important literary works in the feminist context (though not written by a woman) is "A Doll's House" by Hendrik Ibsen, a play about a woman named Nora who is married to a selfish, oppressive husband, and her search for "freedom". At first, her definition of freedom exhausts itself in being free from her debt in order to fully dedicate herself to her family but in the course of the play she discovers herself as a person with ambitions and needs of her own and begins to claim a more thorough, sovereign kind of freedom, namely freedom from her oppressive marriage itself. Consequently, the play ends with her leaving her husband. "A Doll's House" was considered a disgrace in literature by some at the time, as the notion





of a woman opting out of a social institution as sacred as marriage seemed quite scandalous by the standard of the era. It may be amusing to imagine the reaction of Ibsen's contemporaries if they were confronted with present-day divorce statistics. Surely, we will never know what they would make of it; indeed, keeping a marriage going is not a forte of our own contemporaries. Of course, to 19th century critics the question of how a husband treated his wife, as exemplified in the play, was of no particular relevance. Nora is, quite typically, hardly more than a piece of furniture in her husband's house. And women, the "decorative sex", as Oscar Wilde put it, were indeed "living inventory" in ages (not so long) past.

## ***A Room of One's Own***

Another literary work that espouses feminist ideas was Virginia Woolf's "A Room of One's Own", an essay in which the author famously asserts that a woman needs to have "money and a room of her own if she is to write fiction." The iconic Woolf achieved notoriety by simply claiming financial and intellectual independence for women, centering her argumentation on woman writers. A woman, she points out, needs to be financially independent in order to be able to afford a place to call her own which for a writer is a very important precondition to work, develop her creativity and turn out the masterpieces that a world which



deprives her of this most basic sovereignty accuses her of not producing. Woolf argues in her essay that women can create fiction as magnificent as that of Shakespeare. In a time when women were seen as creatures with "limitations", Woolf dared to assert, with all confidence, that given the removal of economic limitations all the limitations that circumscribe women's intellectual life would be swept away and a 19th century woman writer would be able to produce works that equal those of the greatest playwright of all

times. Woolf herself had received no formal education because her father believed that only boys of the family should go to school. So we can easily understand her frustration as a woman, which clearly features as a key motive in her life and work, having rendered her acutely aware of the importance of education as the sine qua non in the woman's struggle for emancipation.

It is obvious that under circumstances of fundamental, socially cemented inequality literature is the only forum which allows the oppressed and muted to articulate the reality of their lives, and so literature has for centuries been the only voice to advocate equality between men and women. We have seen, from those two examples, how a man and a woman -two people from opposite ends of the divide, as it were- could think and express the same thoughts, perceiving the same need for fundamental justice, based on the realization that a society that suppresses half of its population can never develop to its full potential.

Any girl today who doubts her worth or believes that her life or personal value depends on a man's approval or financial support may read "A Room Of One's Own" and be inspired, by the book, to realize that women if they so choose are able to support themselves and attain full independence in all aspects of life. A woman who finds herself prisoner of a husband who denies her the right of self-realization may find inspiration in Nora of the "Doll House" and draw the conclusion that there are no values for their own sake, nor is there a prison wall that cannot be brought down.

Although many people in many cultures have tried to silence women who demand their rights no one can ever silence literature. Literature will out-live men and women both and will live to bear witness to society's injustices in every age.

***By Sara Mohamed***





# DIVORCED and the world keeps turning



**Women in our world have to face different challenges throughout their lives. They experience moments of euphoria and others of sadness. They learn about life and from all sides.**

Since it is often said that women are born to get married, many women feel their life has ended when the husband pronounces the word "divorce". Therefore, many girls nowadays dream of getting higher degrees and of showing their skills and their capacity to go forward in their communities because they have seen how society treats a divorced woman. That's why they are doing everything to not become dependent on men in case life turns sour. Nevertheless, some women cannot bear to be divorced and cannot not continue their life because they lack that will and determination to carry on towards success. However, there are still some who have shown their strength and their power to be successful in their daily life. In Algeria, for instance, the word 'divorced' no longer holds the same weight as it did in the past - although many still consider a divorced woman to be less of a woman, and therefore many stay in a miserable marriage for the sake of economic and social security. For many Algerian women, it is important to know the value of a peaceful life if suffering, instability and violence become part and parcel of their life. In this case divorce is the only option and a real opportunity for them to get their lives back. As shocking as the idea of divorce sounds, it

is not necessarily going to pan out harmfully. In fact, there are a lot of divorce success stories in our society. We do not know what





the exact ratio is with divorce success stories versus non-success ones. However, it is essential to say that there is always light at the end of the tunnel.

## ***The Beginning was Difficult, but...***

Saida D., 30 years old, with tears filling her eyes, told us how it was difficult for her at the beginning to hear others criticizing her because she was divorced. Nevertheless, because she felt that it was not the end of the world, she decided to get her Bac (Baccalaureate), which she succeeded in doing. After four years' study at university, she got her bachelor degree in Arabic language and literature. Fortunately, she found a job as a teacher at a secondary school so that she could earn a living to provide for her young children's needs, since their father appeared to have forgotten about them. She needed to live instead of just passing time. Saida is proud of herself today; her kids and her work mean a lot to her.

## ***Life is a Battle!***

Roukiya B., 40 years old, is another example of patience and success. Life to her is one long battle she has to win. Roukiya left school at an early age because of hard circumstances. At the age of 18, she got married; however, she did not know at that time that this was when her real suffering would begin. Though she was tasting the bitterness of life each day, Roukiya was afraid of getting divorced because she believed



that she had to make a sacrifice for the sake of her four children who would be a burden on her and her family if she thought of asking for her freedom from the frightening world she found herself in. Nonetheless, she could not continue thinking like that. With the help of her neighbors, she succeeded in asking for a divorce and putting an end to her tragic story with her uncaring husband. In the beginning it was so difficult for Roukiya who decided to learn a handicraft so that she could protect her kids and to give them a chance to continue their studies. Weaving is the craft she feels at home with, and it has given her the opportunity to change her bitter life into a colorful one. Her children are growing up in front of her eyes. Roukiya feels that she really is a super woman. The love of her kids and her job keep her going.

## ***Change is Needed!***

Mounira M., 43 years old, told us that she had not been happy for years. Arranged marriages are quite normal in her small village, but her experience was so traumatic that she could not bring herself to talk to us about it. However, she did tell us that she is now in a great place having picked herself up and put away all her sad memories. After the divorce, Mounira bought a small house

and started her own business selling second hand furniture. She also built a nice family and could finally enjoy her time with her two sons. Now, she is completely convinced that everything happens for a reason. Life is full of many role models like Saida, Roukiya and Mounira who have faced hardships. Though they have different careers, characters and lifestyles, one thing brings these women together: they want a better future for their counterparts. They want to see real changes in women's conditions in Algeria. They know that Algerian women are empowered and able to make a significant change by themselves in the future since their worries and dreams are the same. We are not encouraging divorce. We are aware that one of the problems of our age is that divorce and the institution of marriage as such is often taken much too lightly -which in itself is the source of many of the conflicts that necessitate divorce- and we believe that parents should do their best to keep their family together, but if staying together is turning the family's life into hell, women should not be ashamed to carry on on their own just like men do without being afraid of people's judgments once they realize that that is best for them and their children.

***Razika Benzoukh***





# Where have they the whole winter?

*Dear 50/Fifty*

*Magazine,*

*This is a document of  
extreme importance.*

*I had a revelation  
and everybody has  
to know about it.*

*At first, I didn't  
believe it either, but  
reality hit me like a*

*hammer and made  
me realize... mmm...*

*something. I'm not  
sure what, yet.*

I am trying to post this document everywhere and your magazine is a perfect place to start. You guys are well known already, have an open mind, lots of readers and, to be honest, the other publications rejected me.

A horrible strategy is being carried out by... to be honest, I have no idea about that either.

***What strategy  
am I talking about?***

For some reason, someone is hiding all the pretty ladies during the winter and releasing

them at the beginning of spring.

It appears that during the winter all we see is girls with sad faces, uncombed hair and deformed bodies because of the numerous layers of clothing they are wearing.

But all of a sudden, as soon as the first rays of sunshine appear, so do they. Beautiful women wearing spring dresses, skirts, tops... haven't you noticed that?

You guys, wouldn't you say that there are way more cute girls walking the streets of the city now than a few months ago?

You girls, aren't you way more jealous lately?



# been



## ***It's this Machiavellian strategy!***

Like I said, I still don't know who or why are they doing this (The North Korean government, maybe?-, or the CIA, or secret (and for some reason hidden and inactive for 30 years) parts of the KGB), although I have a few ideas:

It could be a strategy intended to prove global warming. They know that our body temperature goes through the roof when we see girls. In this way, conservationist enthusiasts can show the world the earth is

getting warmer and warmer and keep big companies from polluting it.

Or maybe it is a plan elaborated by cosmetics groups and clothing stores to make regular girls spend lots of money to look good and that way give a boost to the economy.

Speaking of looking good, another mean organization that can make both genders act like slaves to their looks are gym franchises. Regular girls will try hard to look like those goddesses that came out of nowhere and we men will try to look good for them. We all will sweat like mad.

What about a strategy designed by the manufacturers of booze to make us (more)

idiotic around girls and, in order to try to make them notice us (or help us forget them after they rejected us), buy more drinks? Maybe it is some idiotic plan to make fun of us while our girlfriends give us a hard time because our mischievous eyes can't help looking at a pair of legs with a girl attached to them.

Perhaps it is one of those useless college studies to prove our IQ gets lowered by at least twenty points in the vicinity of a hot girl after long periods of solitude?

I have to unmask this web of deceit!

I have to tell everyone what I know.

That isn't much, to be honest. But, as you could see, I have lots of theories!

In order to save money on clothes, keep our girlfriends from dumping us, avoid going to hell on earth (the gym, of course) and, above all, to enjoy a nice view the whole year round, we have to find out what's going on!

## ***The best thing to do would be to interrogate one of those girls***

Ask them where they come from, what is their purpose and where do they find such short dresses. But I face a terrible obstacle. I don't dare to.

You would think I'm obsessed with women, that I have "issues". Well, that is not true. My mom says I'm a perfectly normal 43 year old man, that I'm the most beautiful guy in the world and that I can stay living with her all the time I want.





**Every day women are reminded, in one way or another that this is a world predominately ruled by men. Furthermore, women are also reminded of their specific role in society: that of being its nurturer. For so many centuries women had to take care of the male-ruled society and their offspring.**

# This is a man's w

**W**ho has never heard, and probably more than once, the phrase "This is a man's job"?

There are quite a few women though, who do not bear the stigma of the typical woman. On the contrary, they fit the profile very few men manage to fit. This is mainly for one specific reason. They are successful and they owe their success to their willingness to fight whatever obstacles come their way.

Bear in mind that most of these women were not born under a lucky star or in the most favourable conditions. Most of those who managed to impose themselves on what could be seen as a "male playground", have had to face challenges from the day they were born because of society, their families or their socio-historical conditions.

Examples can be found almost

everywhere. These women are easily recognizable although much depends on the place where they live and the type of society engulfing them. Most of these women fight their own battles







# world. Not really

every day, from working and being single mums, to being leaders trying to change the world.

## ***She married science***



There is one woman in particular though to whom this article is a tribute. She was a scientist, a person that revolutionized science, who “survived” her socio-historical conditions, despite being deported to Auschwitz. Above all, she was a person who dedicated her life to the advancement of society and science. This scientist was called Rita Levi Montalcini and she was an Italian scientist who “married” science and made it her husband for over 50 years. She decided not to have a husband and children but to make science her lifelong love and passion instead. She always believed in being a free woman, despite having been educated in a “Victorian society” (as it were), dominated by men. In that era, the role of women did not offer that many possibilities. However, she always believed that men and women had an equal intellect with just

a different approach.

After having fought to represent women in a field that is otherwise known as to be dominated by men, she was never discouraged. On the contrary, she always tried to stimulate scientific research in such a way that both young people and especially women were involved in it.

Having thus been socially active as well, she tried to instil a sense of responsibility in science towards society and people themselves. Witness to this is the creation of her foundation, aimed at helping, above all, women from Africa. This is achieved by giving them grants to study which leads these women to become pivotal in their own countries by taking leadership roles in all aspects of their societies.

Rita Montalcini, I believe, represents a blatant example of how the strength and stubbornness of a woman can overcome obstacles. Most of the time obstacles are imbedded in how society conceives and defines the role of women. Society easily puts labels on them because they are in one particular situation or another.

## ***Her legacy..***

She died recently in Italy at the respectful age of 103 years old after having being a scientist, a neurobiologist, a researcher and a 1986 Nobel Prize Winner for Medicine. The latter was due to her discovery of the NGF or “Nerve Growth Factor”, a protein that is involved in the growth of the nervous system and is still being studied. It has been demonstrated that it can be used to cure specific types of tumours.

She once said: “The future of the planet depends on the possibility to give all women access to education and to leadership. As a matter of fact, it is up to women to carry out the hardest task of all but the more constructive yet: to invent and to manage Peace”.

I do believe it is indeed up to women to cover specific roles because they are, in fact, very good and intelligent at bearing these so-called labels. They possess a specific intelligence and determination that comes from within, from the core of their identity -as human beings and as women-, and that is why, as Rita Montalcini said, they are able to overcome difficulties by creating and managing peace.

***By Valentina Sommella***



# Flowers for Julia

Winter.

Winter is a woman who lives on long after her soul has died. Her heart is mute and heavy with bitterness. It begrudges the earth her stony sweetness and her flowers, her ever-fertile, fiery passion and the eternal virginity of her longing. Thoughts flow slowly in winter. Their essence is the smoke of casually lit cigarettes and the hot steam of a kettle heated over the open fire in Abu Ghassan's winter dwelling, an empty old caravanserai into which he moves with his family from December to March. Like the spirit of the summer, he retires there to wait for the spring when the freedom of open deserts and precious palm-shaded, orange-scented oases is attained once again.

Thirsty cattle our hearts are in the winter until one day the night breaks open and the sun of a summer morning stuns them as a delicate, soft breeze caresses their skin, light as the touch of a bride on a wedding night. And how would skin and soul not burn with the longing for this caress? What, indeed, is life but skin and soul?

It is on a winter day resplendent with Abu Ghassan's open fire that Julia flares up on the shores of my soul like a red flame. On the island of Cyprus, the island where all paths cross, some hundred odd kilometres distant from Abu Ghassan and the Jordanian Desert, two pairs of eyes meet in a song. For the first time. Perhaps for the last. The lines of a French love song cover a life's distance,

from wide-eyed Mediterranean seascapes and palaces of the wind in the desert to the snow-covered expanse of Soviet landscapes. From vastness to vastness; from the East through the West, to the East. All dreams and all human hope gravitate to the sun.

A man's and a woman's eyes. What else is there? What else could there be? And now Julia's song adopts the blurred cadences of English speech and becomes a new song:

«I am a woman in love  
And I'd do everything  
To draw you into my world  
And to keep you within...»

Julia, whose voice is spring, whose eyes are summer. She is singing for him. The audience ceases to exist, and so does the distance between stage and viewer's seats and everything beyond these words spoken as a song in this moment. Their lives' distances cover the distances of other lives, the encounter of their eyes encloses other eyes' encounters. Foolish heart! You are deceiving yourself and you know it. And yet there is a moment whose existence no one can deny. And there is Julia. Julia of the blood of Roxellane, who was Hurem Sultan. Julia. What's the words of a song? What, the sound of a name? «That which we call a rose by any other name would smell as sweet.»

«Hurem Sultan», echoes the voice of Sulaiman Al Qanuni in meditative rapture.

Sultan Sulaiman the splendour of whose yearning was immortalised by the hand of Sinan. «What can you do?», he had asked her when she was first brought before him as a captive. «I read the Quran and I recite poetry», she had answered, «But this alone is not why I have come to this world.»

«What else could there be to a woman's life but read the Quran and recite poetry», Mah-e-Devran, the padishah's favourite,





had exclaimed in indignation and fear when her eyes encountered for the first time the Ruthenian pride in the eyes of her rival, their colour the crystal sharpness of a mountain lake and their swiftness that of a falcon. A falcon like Sulaiman himself. «She shall tear your wrists», Mah-e-Devran had warned, «I am a dove. Prey on me. Tear my soul to pieces. Love me. Whichever way you please. My heart is your cushion. I aspire for nothing. What have I ever withheld but you asked for it and I gave it to you? Why then are you turning your looks away from me now? Why are they resting on her?»

Angrily the sultan had turned his head to face her: «Does a lover ask for justice?!»

Roxellane had looked at her like one looks at a corpse, seeing through her, beyond her. «All my life», Roxellane had then addressed the sultan, «all my life was a waiting. I am a world that longs to be. Your hands are the High Porte and your eyes, the splendour of civilisation: driven, drunk, universal, merciless endeavour. I see you well. You are the tide. But I am the clay that moulds the sculptor. Clay, marble, stone - it couldn't matter less. I am the swimmer that navigates the sea. My skin aches for your touch. Yet, I cannot be yours before you have seen me.»

«What does it take for a man to see a woman?»

«A life, Sultan» she had smiled, «or many lives.»

«Who are you?», he had asked, intrigued and she had remained silent, and her silence was the smile of a sphinx.

«Hurem Sultan», he had pronounced her Ottoman name for the first time, «Hurem Sultan of the rose-like smile. This is your name in my heart.»

«Call me Hurem Sultan and I shall respond. Yet, I am not Hurem Sultan.»

«A slave like me!!!», Mah-e-Devran cried out,



her heart a sparrow in the throes of death, «A slave like me and less than !!»

«You are», Sulaiman had said with a firmness that belied the shock and the astonishment in his eyes, «my fate.»

«What I want», Julia notes down in her diary, «is already mine.»

Her dancing, reed-like shape illuminated by the silky softness of her flame-red dress is like a silhouette painted in sparks over Abu Ghassan's open fire. Come and taste of my sweet black coffee, green tea with mint, kufteh in vine leaves, sweets with rose water, rice with almonds, shish kebab. Sit with us and let us reminisce. Come to the palace of the winds. I am a world that longs to be.

«Mah-e-Devran is the woman that is no more», Hurem Sultan smiles, «But my heart calls her mother and I think of her with compassion. I call her my sister, my shadow. There is a wall that limits us, love. This wall is the harem in whose sacrosanct chambers the old law is guarded: your mother, Sultan, and your son. It must crumble and perish for the High Porte to become the Supreme Porte. For you, Sultan Sulaiman, to become Sulaiman Al Qanuni, for me to become, through you, myself, whom you call Hurem Sultan.»

«My heart grieves for them», Sulaiman sighs, «for they are my elders, my mother, my son.»

«Does a lover ask for justice?!»

«Ah», rises the sultan's melodic, heavy voice like a red flame in the deep of time, «What is this love that made Alexander cross the earth from one end to the other until he had reached the Hindukush and become Dhu'l Qarnain?»

«It is I», responds Hurem Sultan, «I, Who longs to be.»

And Sulaiman Al Qanuni, having surpassed the era into which he was born, abandoned the limitations of the old code and disposed, with the melancholy firmness of the wise, even of the dearest among his enemies, raised Hurem Sultan to the rank of his queen, and when his hand had forced open the fortress of Konstantinople and was immortalised in the beauty of the mosque that bore his name, designed by the ecstatic hand of his grand architect Sinan, he

exclaimed: «Oh Solomon, I have surpassed thee! For thy falcon, Hurem Sultan, was at my wrist.» And bowing in honour of friends and enemies fallen, Hurem Sultan remembers their souls: «Their grandeur and their smallness, their sorrow, their triumph and humiliation are immortal in us, for everything they have been lives in everything we have become. Those were the path and we, the goal, waiting to be surpassed.»

«Hurem Sultan», Sultan Sulaiman's voice sings over vermilion-covered steppes, descending like dew from the peaks of Caucasian mountains and, echo-like, it reverberates on the waters of Volga, Dnepr and Don and is mirrored in the Euphratis, the Nile, the Red Sea...

Julia bows, her smile the caress of a summer night. A red rose in the deep of time. She rides on her audience's applause like a surfer on blue-green waves -and hesitates for a moment before leaving the stage. In this moment their eyes meet for the last time and her looks communicate a rhetoric question.

This, he realises, is the moment to bring her flowers. 'One flower, one flower of all the flowers of this world, and I can come to the stage for our story to begin. Just one little flower ya Abu Ghassan, and the world could be mine.'

Julia turns back, leaves, immortalised in his heart, disappears behind the stage and has conquered. 'What I want', she remembers her diary entry, 'is already mine. Be it a temple, be it a song, be it a moment in a poet's heart.'

Just one flower ya Abu Ghassan...for love is a world that is longing to be.

And like the echo of a smile he feels the presence of Abu Ghassan, his old friend, warming himself over the open fire on a winter day, and speaking words with the aroma of sweet black coffee, green tea with mint, shish kebab and sweets with rose water: «What's in a flower? That which we call a rose by any other name would smell as sweet.»



**By Muhammad A. Al Mahdi**



*Ovarian cysts, which are fluid-filled sacs that form on or in the ovaries, most commonly affect women in their childbearing years, according to the U.S. Department of Health and Human Services Office on Women's Health.*

# Ovarian cysts What are they?

**A**lthough ovarian cysts generally aren't cancerous, women who experience them are more likely to experience pain and other undesirable symptoms.

What are the signs and symptoms?

Signs and symptoms which are common with cysts include painful menstruation, abdominal pain and bloating, painful sexual intercourse, irregular periods, painful bowel movements, and nausea and vomiting.

## **What causes them?**

Functional cysts are the most common type of cysts and these form during ovulation from excessive levels of oestrogen in the bloodstream.

Polycystic ovary (PCOS) cysts, endometriomas (which are caused by endometriosis), cystadenomas, and dermoid cysts are all types of ovarian cysts which are caused by things other than ovulation.

Some cysts are hereditary but others have been attributed to a number of other causes such as an altered immune system, insulin resistance, environmental toxicity, obesity, hormonal imbalance or poor diet.

## **What can the doctor do?**

The Mayo Clinic suggest that there's no definite way to prevent the growth of





ovarian cysts but advise women to undergo regular pelvic examinations to help ensure that changes in your ovaries are diagnosed as early as possible.

When women experience functional cysts, birth control pills may be recommended. No medical evidence has proven that birth control pills prevent ovarian cysts from forming but some doctors still prescribe them to women who suffer from this problem to suppress ovulation in the hopes of preventing cysts.

It's important to know that suppressing ovulation will not prevent types of cysts which form as a result of conditions and not ovulation.

## What can I do to help myself?

In addition to pelvic examinations, be alert to changes in your monthly cycle, including symptoms that may accompany menstruation that aren't typical for you or which persist over more than a few cycles.

If you suspect that you could have an ovarian cyst, it's important to make an appointment with your gynecologist right away. While most cysts are nothing more than an annoyance, others do require treatment. The symptoms of ovarian cysts also tend to be similar to other conditions, so it's important to get a proper diagnosis.

There is a plethora of information on the internet about natural remedies to prevent ovarian cysts from forming, however, this should only be considered in consultation with your healthcare provider and never as a substitute for qualified medical advice.

Some of the main areas suggested for the natural prevention of ovarian cysts include:

### A Healthy Diet

As a diet high in animal products and highly processed foods has been shown to affect female reproductive hormone levels in the



bloodstream, these should be reduced. Many articles also advise a reduction of soy and dairy.

Whole foods, nutrient dense food and fresh raw fruit, vegetables and nuts should be increased as these are high in fibre which reduces excess oestrogen in the body.

### Avoid plastic containers

According to some sources, drinking from plastic bottles and eating from plastic Tupperware containers can also increase oestrogen levels!

### Exercise

Exercise is one of the easiest and most natural ways to restore the body's equilibrium.

### Supportive Herbs

Maca root (*Lepidium meyenii*), Black Cohosh root (*Actaea racemosa*), Dong Quai root (*Angelica sinensis*), Milk Thistle seed (*Silybum marianum*), Tribulus, aerial parts and fruit (*Tribulus terrestris*), Vitex, Chaste tree berry (*Vitex agnus-castus*), Wild Yam root (*Dioscorea villosa*) and Yarrow aerial parts (*Achillea millefolium*). These herbs below have been found supportive for supporting proper menstrual cycles, reduction in ovarian pain, increased circulation to the reproductive organs and supportive of liver function.

### Castor Oil Packs

Castor Oil Packs are an ancient therapy that helps to cleanse and heal the body where

they are placed. The castor oil has a drawing power that clears the body of excess tissues and toxins. Castor oil packs stimulate the lymphatic and circulatory system. The lymphatic system removes toxins and waste from the area stimulated by the castor oil pack. The promotion of circulation by the castor oil pack will also bring in fresh oxygenated, nutrient rich blood to the reproductive organs, including the ovaries. This is vital to reducing and dissolving ovarian cysts. Do not use during menstruation.

### Try Detoxification

As some cysts are believed to be caused by an imbalance in the body, detoxification therapy has been suggested

**Louise Bensaid**







## Answers to the Case Study in Issue 2

Welcome to the Medical English pages for both the general public and health professionals alike. Health questions, case studies, interviews and health promotion to educate, challenge and inform.

**1. List the other clinical signs that may be picked up during the preliminary examination that indicate the need for a more thorough examination of the respiratory system?**

- Nicotine staining (malignancy, chronic obstructive pulmonary disease - COPD)
- Unilateral wasting of small muscles of hands (apical lung cancer)
- Asterixis (hypercapnoea)
- Pyrexia (infection, endocarditis)
- Tachycardia (infection)
- Dry, inflamed eyes (may be a sign of autoimmune disease affecting the lungs)
- Central cyanosis (hypoxia)
- Lymphadenopathy (infection, malignancy)

**2. Why would it also be important to examine the cardiovascular system?**

It is not possible to tell from the history whether the increasing symptoms are due to respiratory or cardiac or both. Also consider mental health examination in view

of possible depression due to his increasing symptoms and the recent death of his wife

**3. Why is the slow pulse rate of significance here?**

Patient is taking Atenolol. It does not appear to be achieving the appropriate reduction in blood pressure and may be causing the slow pulse rate, resulting in reduced cardiac output and fatigue. It may also be exacerbating COPD

**4. Assuming the examination of specific systems is unremarkable, what are your differential diagnoses at this stage?**

May be one or several co-existing pathologies:

- Chronic uncontrolled hypertension causing onset of heart failure
- Worsening COPD with heart failure
- Ischaemic heart disease
- Malignancy



# Create a spring in your step!

***The cold, wet, Winter months are drawing to a close as we eagerly await the opportunity to ditch our boots and shoes for more pedal exposure.***



**B**ut how do we avoid the horrors of excessive skin build up of the cuticle, dry and crusty skin, bunions and calluses? And how we can do it without spending a small fortune? Step out in style with our tips for fit-flop and sandal season confidence:

## **- Soak**

Start your pampering session with an essential oil foot bath to soften your skin and get you in the zone for some precious 'me' time! Lavender and camomile are both known for their relaxing qualities. For a moisturising soak try 1 part honey, 2 parts milk mixed with 6 parts of hot water..... yummy!

## **- Remember your nails**

After soaking, apply a cuticle softening oil or cream and gently push back the cuticles. Try mixing equal measures of natural clay, cold pressed oil and a couple of drops of essential oil and massage into the cuticles before pushing them back using an orange wood stick or the nails of the other hand. Daily dabs of your chosen product on the nail base will prevent dry and cracked cuticles. Once your pedicure is complete, make a statement with your chosen colour of nail varnish.

## **- Exfoliate**

Use a pumice stone, heel scrub or terracotta scrubber to slough off the dry, dead skin from the bottom of your feet remembering to focus on your heels, toes and ball of the foot.

Scrubs can be worked into the feet well and then rinsed. A couple of simple home-made

versions include an equal mix of brown sugar and almond oil or the addition of sand to your normal lotion. Lemons can also be used to treat calluses by either securing the peels on your heels with bed socks or a bandage for 2-3 nights or rubbing the juice onto the affected area.

## **- Hydrate / Moisturise**

It's important to replenish the moisture lost by exfoliating to prevent dry, cracked and chafed skin as well as blisters and calluses. A good foot cream will leave your tootsies silky soft and smooth. Shea and cocoa butter, glycerine and lanolin and olive oil are all natural moisturisers.

Let your favourite foot concoction work wonders whilst you sleep by moisturising well, then applying a pair of cotton socks. Whilst you drift off to the land of nod, your moisturiser will be working hard. Take care in the morning that your super silky soles don't slip you up! Prevent moisture loss by not walking around barefoot, especially in the cold.

## **- Avoid smelly feet**

Keeping your feet clean and dry will avoid nasty odours developing. Avoid closed footwear and synthetic materials where possible. A foot powder will soak up excess moisture especially from between the toes. Corn starch can act as a cheap alternative to commercial products and the addition of finely chopped fresh mint leaves will add a re-vitalising 'zing'!

## **- Exercise**

Depending on the type of footwear worn over the winter period, tendons and ligaments can become tightened or stretched.

Avoid plantar fasciitis by rolling a tennis ball back and forth along the floor with the sole of your foot. A golf ball will deliver a deeper massage.

Loosen any areas of tension within the foot by raising yourself onto your toes and then lower your feet back to the ground bending your knees.

## **- Keep to a regular regime**

Whether once a day or once or week, try to keep to a regular regime and keep those feet and nails perfectly pampered.

## **- Avoid spending a fortune**

Use the internet to search for natural home-made foot care products to ensure you can afford to invest in the stylish treads your perky pinkies and precious pedal pads deserve!!

**By Louise Bensaid**





# TOP Three High-Techs

Innovation and more versatility in technology and software solutions are becoming increasingly important as more people become exposed to touch screen laptops, convertibles and hybrids. Manufacturers are starting to realize that it makes sense for a device to support multiple input types to enable the user to select the most appropriate input type for the task at hand. There are, for example, tasks which fit the «voice» input type (like when you're driving or jogging and need to operate hands-free) even though it may not be the best input type to use all the time.



The same applies to the HP EliteBook Revolve, the first high-tech we're going to review in this month's edition, which is designed to run Microsoft's latest consumer operating system (Windows 8). This new convertible device can almost instantly transform from a notebook to a tablet and vice versa, making it a perfect choice for people who primarily want to use it as a laptop and just have a tablet mode from time to time. This convertible makes far more sense than carrying around both laptop and iPad if you're not a heavy tablet user.

## *The HP EliteBook Revolve*

The HP EliteBook Revolve which represents the ninth generation of HP's line of convertible tablets is said to be aimed at business and government professionals. This hybrid gadget is made of plastic that encases a magnesium chassis, plus a durable Corning Gorilla Glass 2 for resisting scrapes and scratches. It features an 11.6 inch diagonal HD multi-touch display with complete rotation to offer a tablet's functionality. A full-sized backlit keyboard has also been fitted into the notebook and is packaged along with a pen for input flexibility. This

laptop weighs just 1.4 kg. It is fueled by a third generation Intel Core processor to facilitate smooth functioning, 4GB of RAM upgradeable to 12GB, and up to a 256GB SSD, two USB 3.0 ports, a Display Port and a full-sized Ethernet jack, as we would expect from a device primarily designed for busy enterprise environments. In addition to all the specs that have been already mentioned, the Revolve has a 720p HD Camera, dual-microphone array and DTS Studio Sound including CyberLink YouCam software that enables easy face-to-face communication and the creation of HD Web videos. The release date of the HP EliteBook Revolve has been pegged for March this year in the US.

## *Virtual Reality*

The second innovative technology to be reviewed, which may well be termed a digital gaming revolution, or the next frontier for gaming, is «Virtual Reality» introduced by Oculus LLC. Oculus LLC is a small technology company based in Irvine, California/US, founded by a team of virtual reality enthusiasts and hardware geeks in an attempt to help fund the development of their first product, the Oculus Rift. They launched a kickstarter campaign which later





became an enormous success, raising over 2.4 Million Dollars in funding from project backers and supporters around the world. The Oculus Rift is the first consumer priced virtual reality(VR)head-mounted gaming display (HMD)with full head-tracking that aims to bring total immersion to video games, along with a high field of view(FOV): more than 90 degrees horizontal and 110 degrees diagonal with a resolution of 1280 X 800, which is split between both eyes producing the effective resolution, 640 X 800. The device also includes VGA, DVI, and HDMI inputs for maximum



compatibility as well as a USB interface used for sending tracking data to the host machine and for power, so there is no need for an external power supply. The unit weighs approximately 220g. It has no built-in speakers. Instead, users must resort to their own headphones for audio output. But the ultimate sensation is the Oculus Rift: its first prototype is an open source project, which means a shared schematics and firmware allowing anyone to freely modify, build on, and improve the design. The 300\$ (around 24000.00 DZD) developer kit for the Oculus Rift is envisaged to be released this month.

## Ouya

The last but not least high-tech to introduce to our readers this month is another kickstarter-funded project code-named Ouya. This project has raised almost 8.6 Million Dollars and ended up becoming the website's second highest earning project in its history. Ouya is an Android-powered «hackable» gaming console featuring a Tegra 3 processor, 1GB of RAM, and 8GB of internal flash storage. It

also includes a WiFi 802.11 b/g/n for better connectivity and Bluetooth 4.0, to connect to the wireless control pads which have two analogue sticks, a digital directional pad, eight action buttons, and a system button. As for the maximum resolution on big screen, Ouya has an HDMI output included for 1080p connectivity. According to the company, Ouya is more than just a gaming console, although that is its primary focus and main function. It is also designed for a whole bunch of other entertainment application such as, for instance, streaming competitive video gaming through the TwitchTV service. For anyone who didn't support Ouya on Kickstarter, the console is available for pre-order on their official website ouya.tv with a release date expected to be sometime in March 2013. The console with a single controller is priced at 99\$ (around 7800.00 DZD) and a second controller is optional, available for 30 dollars more. Shipping to Algeria will cost an extra 20\$ (1600.00 DZD) totaling 9400.00 DZD.

**By Ilias Rima**





# “My goal is seeing Algerian women and men in equal partnership.”

There are many Algerian women who go against the complexities and difficulties that animate the position of women in Algeria in order to take a proper status in society and to make a change by proving that women are strong enough to do whatever they believe in. Nouria Hafsi is just one of those women. Today she is interviewed to explain how she is able to divide her life between her job and her family.

***Interviewed by Imene Lardjane***

***We have been hearing a lot about Nouria Hafsi recently. How can you introduce her as a woman?***

Nouria Hafsi is the general secretary of the National Union of Algerian Women and a member of the National Rally for Democracy. I am married and I have 3 children. I do my best, and I keep fighting to defend the rights of women. I also love sports...I am a real football enthusiast and I have been a member of the national handball team.

***How did Nouria Hafsi grow up into an active Algerian woman? What role has your family played in all this?***

As I already told you, I love sports and I joined the handball team at a very young age. So, I had the opportunity to meet many women of different origins. This pushed me to be a fighter and motivated me to help people. Regarding my family, I was always free and able to do many things that my sister could not do...I don't know why, but it happened like that. For example, my sister was not allowed to go to the stadium to watch a football match, but I was. That was a great experience! I went with my brother to the stadium while my sister did not. Maybe my personality and attitude made it natural and acceptable for them....My behavior made all the difference! My family trusted me a lot, and I was the first woman to go to a stadium in Saida and to be in the national handball team. That was around 1986 when I was becoming famous in Saida, and people enjoyed watching me play.....They just enjoyed seeing Nouria in the stadium!

***You are famous for your challenging and leadership spirit. How is Nouria at home?***

When I was in Saida, my family used to help me create a balance between work and home. But when I came to Algiers I had to do it myself. I do everything at



home, just like any Algerian woman, from cleaning to cooking to helping my children with their studies.

***Do you find it difficult, as a woman, to take part of an important female union in a world that is mainly dominated by men?***

It is all about my personality. It's simple: when you believe in something, you can do it. I attended many conferences, and I met many strong women who had a positive influence on my life, and then my education, attitude and personality help me to achieve whatever I believe in. To me, everything is possible because I have met many obstacles but I never gave up....I fought, and I am still fighting! Women have to prove that men are not always the strongest sex.

***How do you create a balance between the professional Nouria and Nouria the mother?***

Well, to tell you the truth, I sometimes feel tired and stressed. I have a lot of work and I have to keep most of it at home but I always find time for my family. My husband and children understand me....they know that I am a militant.

***In your role as the general secretary for the National Union of Algerian***



***Women, what do you think about how the position of Algerian women within society has changed over time?***

The position of the Algerian woman within society has changed a lot and is still changing. Women are now everywhere and they have proved that they are good at everything. The Algerian government has passed many laws to protect women and their rights. We just have to enforce laws and make women aware of their rights because laws are not enough and we have to change the Algerian mentality regarding women. For instance, men think that women cannot be leaders, but they obviously can.

***How grateful is the Algerian woman for what Nouria has done for her so far? What have you done for her, in concrete terms?***

I fought for many laws and I enforced others. I help doing many activities especially in rural places. We provide numerous classes for Algerian women to fight illiteracy. We make women aware of many diseases..... We actually help women in many things. We try to integrate them in social development, so we help them develop their projects and create their own small companies. Imagine a woman with no diploma having her own company! That is our success! In addition to that, our union helps women enforce their rights in politics. We push government to take



decisions regarding the law of quota. Presently, women account for 30% of parliamentary roles. It is great to see 146 women now in Government. This is a vast improvement on the 7% not exceeded in previous years.

***What are your ambitions for the next 10 years? Is Nouria willing to do more for Algerian women?***

I will never stop! I haven't reached my goal yet. My goal is seeing Algerian women and men in equal partnership. Now, I fight for the rights of women, and later I will fight to make the Algerian

woman a partner of man equally sharing with him in everything. Then, I will think about letting young women replace me. I am convinced that this century is for women to shine, so I hope that there could be the opportunity for a female Algerian president in the near future.

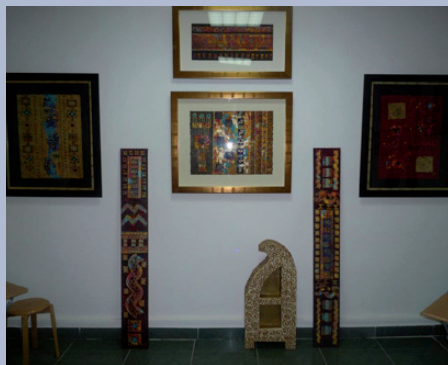
***What is your ideal in life?***

Keep fighting! Life is nice, but hard. We have to fight all the time. As already said, this century is for women to show what they can really do and women are ever-powerful, so we have to work hard to take advantage of all opportunities.





# Just for Her Les Ateliers Bouffée d'Art



*The aesthetic spirit and the love of what is nice always dominate a woman's life. Created in October 2011, Bouffée d'Art workshop (Breath of Art) came to be one of the rare workshops dedicated just for her.*

**D**jazya El Mokhfi Belaloui, the workshop founder and manager came up with the idea of creating an art workshop that is 100% reserved for women. She made her workshop a space for expressing one's ideas and thoughts. Based on the love of art, the workshop provides a variety of artistic activities like oil painting, acrylic, mosaics and painting on glass, ceramics and wood. Bouffée d'Art works on the basis of exchanging experiences between professionals and learners enrolled in the workshops animated by experts in art. The workshops benefit from the mystery and symbolism of Anissa Berkane, the experience of Zakia Chaouat, the lively colors of Samira Merabet and the relaxing atmosphere created by Medjda Ben Chabane. The workshop tries to combine basic artistic techniques with new disciplines. New activities like paper mache, silk painting, sculpting and pottery will be launched very soon. The passion of art unites active women, housewives, retired women, young students and children. Bouffée d'Art puts

together all artistic wonders to create a friendly atmosphere where women can relax, explore their inner being and express themselves. It simply stresses the idea that art is therapy.

*By Imene Lardjane*





# Inner Wheel -- Alger Esperance Club "Help us to help"



*Alger Esperance Club (Hope Club, Algiers) is an Algerian club, one of many which fall under the umbrella of the all female International Inner Wheel Association which runs alongside the all male Rotarian Association.*

The 'Inner Wheel Association' can be found in over 100 countries over the world with a membership of 103.000, making it the largest female association in the world.

Unlike other charities, Alger Esperance club is composed solely of Algerian women who are united by the desire to help any Algerian person in need. Spreading hope over Algeria is the main objective of Mrs kamélia Khalfi, the club president who believes that helping people is a duty.

The club works on improving living conditions in deprived areas by raising awareness of disease and it's prevention and by creating libraries for the benefit of schools. It also provides assistance to the sick, elderly and abandoned children.

Most of the club funding comes from the making and selling of handcrafted jewellery, rag dolls and house linens. All the items, made by both volunteers and club members who are not paid for their efforts, are sold in the club's virtual shop "Ateliers Petites Mains" on Facebook.

The club members also work on collecting and distributing donations. Their activities go on throughout many cities in Algeria, and their aim is helping any needy person. Their belief is to promote help in Algeria and provide equal opportunities to all people.

*By Imene Lardjane*







## LOW FLOUNCE SKIRT

The low flounce skirt gives the trumpet skirt an update. A gathered panel or godet construction at the hem is used to create poufed volume or a gentle flare; lengths can be mid-thigh to below-knee.

Alternatives include a patterned body with contrasting flounce, or a cascading ruffle that follows a curved seam. The ladylike silhouette of a low flounce skirt contrasts nicely with boyish items such as a boxy tailored shell or graphic tee. Chunky striped sweaters introduce a cozy collegiate look. Complete the flirty ensemble with a fitted leather jacket and ankle high heels. And its the top fashion key for this spring, especially this March.



A fashion runway scene featuring a model in a sleeveless, knee-length dress with a dense floral and leaf pattern in muted tones. The dress has a fitted bodice and a full skirt. The model is walking towards the camera on a grey runway. In the background, another model in a similar patterned dress is visible, and the feet of several audience members are seen on the right side of the frame.

## THE APRON DRESS

The apron dress gets its name from its bib-and-strap construction. Silhouettes are straight and workwear-inspired or fit-and-flare for a ladylike appearance. Back-views vary from simple crisscross to multiple straps for cocktail versions. Crisp cottons or linens are ideal for the day, while leather-and-lace give it a sexy evening look. Elaborate details like floral embroidery, patch pockets or stud embellishments provide an authentic artisan vibe. The trans-seasonal apron dress can be worn on its own or styled over a simple knit tee or feminine, sheer blouse. Patterned hosiery or knee socks add a playful dose of color to an otherwise neutral palette. Prim accessories such as a structured bowling bag, slim leather belt or a pointy pump accentuate the casual elegance of the polished workwear look, perfect for the spring weather.



# A traditional way to save your hair

Washing our hair has become a science in itself. There are too many products for all types of different hair; long lists of chemical ingredients to which some people are allergic. So we try some home-made treatments, they work for while, but are too time-consuming, and when we finally think we have found the perfect treatment for our hair, then the skin on our head starts troubling us.

In amongst all this complexity a product with a long tradition finds its way back to into the shops: the shampoo bar. "A shampoo bar! What is that?" This is most people's reaction when introducing them to a solid soap bar for regular hair washing. We are all used to soap bars for our bodies or laundry, but the idea of using one for our hair seems a little bit strange. But this concept is not new. In the world before plastic bottles were filled with artificial, manufactured liquid shampoo, people used soap bars to clean their hair too. Of course the ingredients of the soap that we use for our body and those of the soap we use for our hair differ. Our

hair is in need of more nurturing care. Shampoo bars are a natural product without chemical substances added. Hence they are free from sulfates and silicones.

## **Now, why is that important?**

Silicone and sulfates do stuff to our hair that seems good at first but has undesired effects in the long run. Sulfates strip the hair of its natural oils. They are found in dish washing-up liquid and laundry soaps. I doubt that you would consider putting these on your hair. With silicones it is not as simple. There is a



common misconception that all of them are bad for our hair. But that is not true. While there are two categories of silicones; one type is not better than the other because silicones do not actually benefit the hair in any way. In fact, silicones only give the “appearance” of healthier hair. All silicones have the effect of coating our hair with a thin water-proof (hydrophobic) covering which builds up to create a slick layer around our hair which serves some good purposes at first. Silicones coat the hair to make it appear sleeker and healthier, and help it detangle when combing. For example, silicones found in conditioners, hair polishers and frizz taming products coat the strands to make them “appear” more polished and easier to comb. They also add a bit of weight to give fine, fragile hair some substance. Another benefit of silicone products is that they protect the hair from heat used while styling (blow drying, flat ironing or pressing). In essence, silicone-based products only provide a temporary smoothing effect. With Silicone-based shampoo we treat the symptoms but not the problem itself. Simply because we can’t get to it because of the thick silicon coat preventing the good substances from reaching the hair, especially curly hair that needs nurturing oil to avoid frizz, dull and dry curls.

### ***Decision time between a quick fix or a more caring and sustaining look***



If you want to opt for a hair treatment that penetrates the hair, helps it to repair and gain strength, then you will come across some alternatives. There are already silicone and sulfate free shampoos on the market and maybe you have already tried one, consciously or unconsciously. I suggest that you turn the bottle around and have a look yourself next time you choose a shampoo for your hair. Since we are quite familiar with liquid

shampoo, let's see why shampoo bars have recently become popular again. A lot of customers advocate shampoo bars because they are made from moisturizing oils and gentle cleansers. Shampoo bars are a far more natural product than their liquid counterparts. Many people report that they are extremely pleased with the results they are getting, citing benefits such as increased softness, better curl formation and, in some cases, elimination of the need to use conditioner. Using them couldn't be simpler - get your hair very wet and then massage the bar against your hair in a light circular motion until you work up a rich lather. Some of my test subjects (I mean friends) said it was easier to rub the bar between your hands to work up a lather then rub your hands over your hair. Work the lather into your scalp and rinse thoroughly. Be sure that you really get a good lather and rinse, rinse, rinse!

### ***Not a quick fix***

The change will not happen overnight. After changing from silicone-loaded shampoos to natural silicone-free hair treatment (liquid or solid shampoo) it will take a few weeks before you can proudly present the final result. Silicones are water-proof and therefore you can't simply wash them out. Freeing your hair from the coat takes several washes. While getting rid of the silicone leftovers you may have some unpleasant experiences such as difficulties in combing your hair, but it's just because you are in the process of rebuilding the hair's own natural protection. Finally, once the thick layer has been removed, the new product can reach the hair and actually provide deep treatment.

***By Johanna Heil***



Here's our selection of poems for this issue. We hope you'll enjoy it.

# Tellin' stories



**By Mitzi K. Jackson**

Wind blows  
distant echoes  
Of pastimes  
Lula byes  
my yearning stretch the length  
Of a dancers reach  
expanding  
and release  
through these lonely halls  
Of mirrors  
daytime and sunshine  
Only a reality in my mind  
Cause by roads lead  
And traveled  
the darkness covers  
every inch  
like the coming Of sunsets  
it's been such a long time  
since a man have looked me  
in my eyes  
and let me make his soul smile  
see he tends to be  
distracted by my smile  
and the joy, its perceived  
to bring him  
distracted  
by the beating Of my  
heart spot  
he tends to get lost  
in the dip Of my hip  
line  
and  
the glasses Of time  
my legs make  
his eyes get trapped  
in the curves Of my back  
he get carried away with  
motion my strides make  
but my eyes....it has been

such a long time since  
a man has looked me in  
my eyes  
and let me make his soul smile  
holding me close  
he could feel and know  
the sound Of winters  
snow  
my aura comes out  
displaying a frosted rose  
to fast it didn't  
destroy its pose  
they can sense the  
stint Of mildew curtains  
hanging from  
past glories  
memories stitched  
within every inch  
of the tapestry  
rich and full in color  
shiiiiit  
in her hay day  
shine gleamed Of hardwood  
maple  
flowin in between  
molasses  
elixir for the high spirited  
cobwebs covering the chandelier  
and arteries  
Of a glorious vessel  
sunk at sea  
taking with it  
all life elegance and mysteries  
now a shell so vast  
ghost filled laughter  
as Catholics' mass  
on St. Patrick's Day  
fills the streets with  
a funeral march  
on cobbled streets  
where music

span  
its reach  
far  
with jazz  
and blues  
deep dark gospel  
spirituals  
that makes Haiti's  
drums laugh  
just take your time, look me in my eyes  
and feel my soul's strength  
generations Of love  
still fills the cracks  
Of  
inches covering  
stone walls  
marble and ivory  
my yearning stretch the length  
Of a dancer  
in motions  
.....tellin' stories

\*See my body be telling stories child  
my arms stretch cross many of glories  
legs spans through many hot damns  
and belly carry all mankind's from north and  
south lines  
child my breast done feed kings  
raised many a stream, into vast oceans  
my soul cries of songs that haven't yet  
reached the mind  
but you won't know this  
lest you look me in my eyes  
where truth of creation  
civilizations lies  
cantaloupe as I  
baby, I promise to make  
your soul smile as bright  
as a child, listening to momma  
telling stories





# Rhapsody in Haiku/Senry

**By Regis Auffray**

*To the distant sea*

I.

*1) White swans are flying  
Above the river below  
From this vantage point*

IV.

*There was loneliness  
Seeking someone to be with  
Until I met you*

*2) Like angels they fly  
Seemingly with a purpose  
White swans through the mist*

*Alone by the sea  
It used to be you and me  
This is not my choice*

*3) Cold rain is falling  
I crave the warmth of your love  
Promised to me*

*Listen to the wind  
Its sighs tell our love story  
Sad though that may be*

II.

*I'll always be there  
Your own words when we first met  
I'm here and waiting*

*It's a gloomy day  
There's no sound to be heard  
In the ghostly mist*

III.

*As the river flows  
It seems to carry sorrow*

*When I give my love  
It is unconditional  
The rest, up to you*



It's been 5 years  
since I last saw you  
and I have missed  
you so much. It's  
difficult for me  
to tell people my  
story, the way I fell  
in love with you. I  
have a secret box  
where I keep all  
your old photos  
and have done this  
for years and years.

# *Dearest Algeria*

**T**he suitcase in my closet has newspapers that I bought from London that are over 150 years old which talk about your missing artifacts and the things you have been through. There is a hole in my heart where you should be right now but are not.

I met you in the Spring of 2001 on a trip to Paris. I went to Paris as a teenager but had never been back before my mid thirties, I decided to return. On a side street, near a train station, I first found you. Your music filled the air and I felt myself dancing within. It was as if something had been awakened and I was determined to find you. I never had enough money to visit

you but I dreamed of you. I met your sons and daughters in the US and talked to them and I began to dream of walking where Albert Camus walked and where Ali La Pointe ran through the Casbah.

In the winter of 2005, my great Aunt died and I begged my mother to buy me a ticket to go to Algiers. She surprised me with 3 tickets and I took my family with me. I knew no one in particular there but I decided that my teenage son and my little daughter would accompany me to the white city. Dearest Algeria, I had truly missed you but I hadn't met you face to face. I struggled to get out of the airport and to get to my hotel and even



when I got there, I was confused with all the traffic. I fell asleep in my clothes, I was so exhausted but my children were ready to explore. Over one week, we saw the museum of the martyrs, where my son ran up and down the stairs and was amazed by the soldiers. We ate chicken in Kouba at Chicken Royale and it was the best chicken I had ever eaten. We walked through Tipaza and saw the monument and I dreamed somehow I could stay there forever. We went to the zoo. I loved the stately palms and gardens and blue and white colors all over Algiers. I decided that she was a city that belonged to me even though she was not mine, I could love her. I made a promise to the pictures in the museum of the martyrs and looked up at them and told them that I would begin to tell the story of Algeria to anyone who would listen.

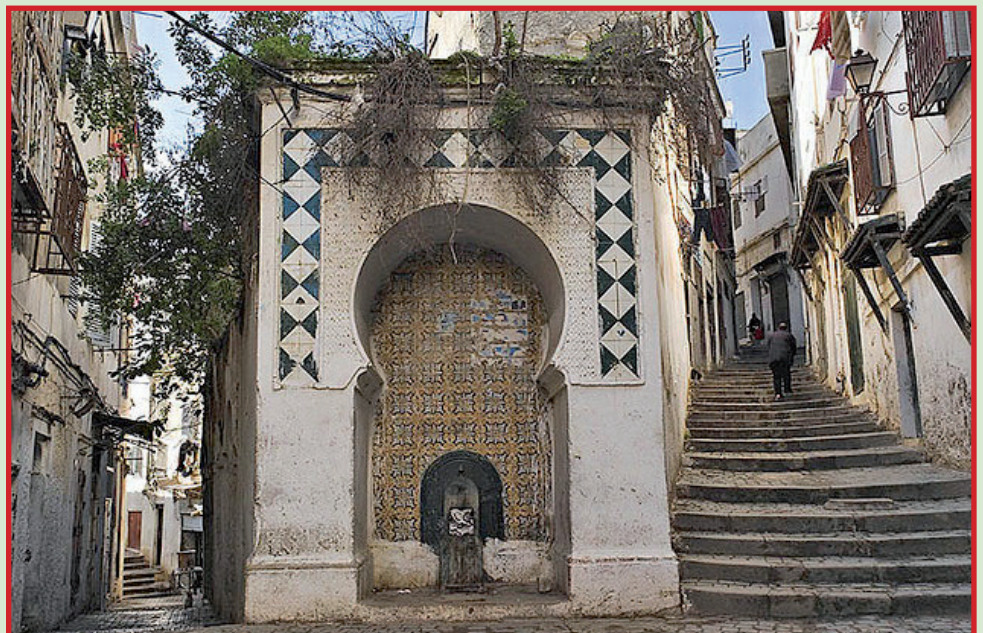
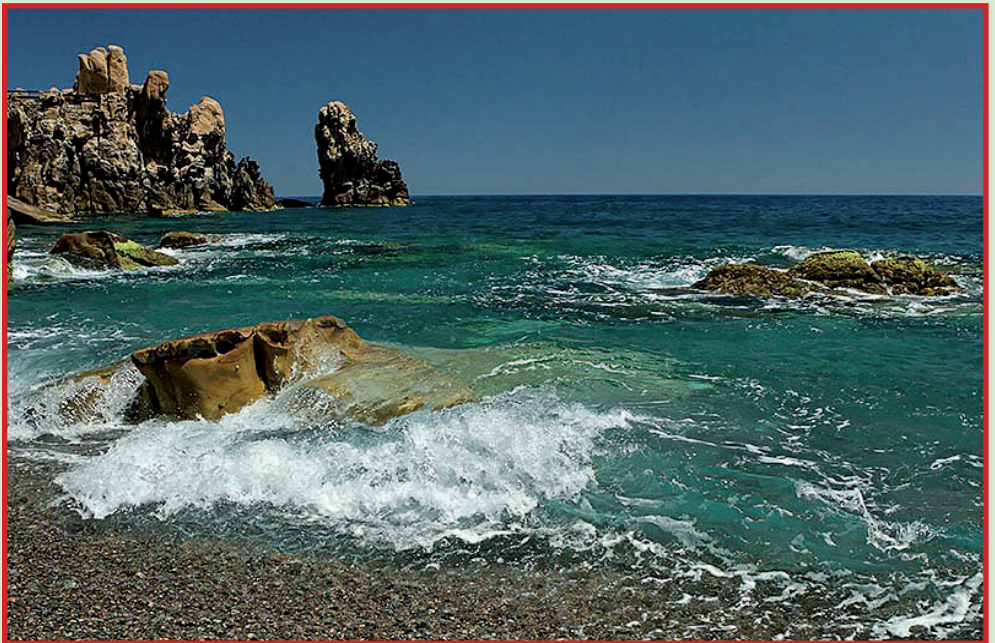
I went home and started a youtube channel called [www.youtube.com/algerianhistory](http://www.youtube.com/algerianhistory) and on that channel, I uploaded traditional and contemporary music. I made documentaries about you. Dearest Algeria, I even returned several more times to see you but I have not had enough money nor have I been healthy enough to return.

You belong to Algerians, beloved mother of Africa. I love you so. As a tourist, you provided me with a beautiful canvas for me to paint my dreams upon. You are an immense book of dreams, of colors, of tastes and textures. You are the gardens of Tlemcen, the mountains of Oran, the Orange Groves of Kabilya, the boats of Bejaia. You are the bridges of Constantine. You are the drums of Ghairdaia, the snow on the mountains, the lunar landscape of Tassilli N Ajjer.

You, my dearest Algeria are a secret box of pictures. You are for the tourist who can read about you before going, as there is so much more about you than meets the eye. Renoir painted your fields. Abdelkader rode across western Algeria to protect you. People died so that you could be independent as you became free from Colonial Rule. Dearest Algeria,

Camus, Fanon, Yacine and Djaout are everywhere I go when I walk down your streets. I can dream of you but I am no longer a tourist. I am somehow part of your family now, my beloved Algeria. I remain fi'l ghorba, even though it used to be my home. It is still my physical home but my heart remains with you. No longer am I just a tourist, my beloved, my secret picture box, my dearest Algeria.

Love,  
Kathleen





# Gratin de crêpes salées farcies

(Savoury crêpe roll gratin)

## 12 savoury crêpes:

- 1 1/4 cup flour
- 1 1/3 cup carbonated water (club soda, Vichy)
- 1/3 cup milk
- pinch of salt
- 2 eggs

## Filling:

- 500g ground beef (I have used leftover browned meat, drained of the fat)
- 1 large onion diced fine
- 2 courgettes, julienned, grated or diced fine (I grated mine)
- 1 carrot, julienned, grated or diced fine (I grated mine)
- 2 cloves of garlic
- 1 TBS Herbes de Provence
- Cheese (as much or as little as you like – I used 1 cup Gruyère)
- Salt/ black pepper
- Oil or butter for frying the crepes
- Harissa to taste

## Béchamel:

- 1 liter milk
- ¼ cup water
- 2 cloves of garlic
- ¼ cup (4 tablespoon) flour
- Large knob of butter
- Salt/black pepper nutmeg

## METHOD:

1. Mix the crepe batter by combining the eggs, flour, milk, salt and carbonated water.
2. Allow to rest for 5 minutes.
3. Heat a fry pan on medium low heat.
4. Now fry off the crêpes in a little oil and butter mixture.
5. Set the fried crêpes aside and cover.
6. Now sauté the onion until translucent.
7. Add the other vegetables and raw meat (if you are using raw meat)
8. Add in the seasoning and allow to cook on low fire.
9. Stir occasionally.
10. Set aside to cool slightly.
11. Now prepare the béchamel as the filling cools.
12. Add the butter and oil into a pan, then slowly add in the flour stirring constantly to form the roux.
13. Once the mixture has thickened pour in the milk; stir.
14. Add in the seasoning and reduce the fire to the lowest heat, simmer for about 10 minutes.



15. After about 10 minutes, taste and adjust for the seasoning; set aside.
16. Now assemble the crêpes by placing a small amount of the filling one or two TBS in the center of the crêpe lengthwise as shown in the picture.
17. Now roll the crepes.
18. Preheat the oven to 180°
19. Seam side down cut the crepes into 4 or 8 – depending on the size of pan you used to prepare the crepes in.
20. They should be about two fingers wide – little smaller than the gratin dish you will be baking the gratin in.
21. Butter your baking dish, then arrange the crepe rolls in the dish.
22. Then gently pour the béchamel over the crepes.
23. The crêpes should not be swimming in the sauce but should be lightly topped.
24. The crêpes are the center star of the dish.
25. Tap the baking dish gently against the work surface so the sauce can settle to the bottom of the dish.
26. Bake for 30m.
27. Then remove from the oven, top with the grated cheese.
28. Return back to the oven for additional 10m to melt the cheese and form a slightly golden crust.



# Khoubz F'tir or Kesra

(Algerian semolina galette)

Yield: 2 large galettes

Prep Time: 15 minutes (active) + 10 minutes (inactive) | Bake Time: 15-20 minutes

## Ingredients:

- 1 cups - 250g semoule fine/semouletta (fine grained semolina, but not semolina flour)
- 1 cup - 250g semoule moyen (medium grained semolina)
- 1/4 cup - 60mL of olive oil or table oil or melted butter (I used butter and oil)
- 1 tsp of salt.
- 1/4 tsp baking powder
- 1/2 tsp sugar
- almost 1 cup - 230mL of tepid water

## Method:

1. Mix the semolina, baking powder, salt and oil. Make sure the grains are coated in the oil.
2. Add water to the dry ingredients little by little. You need to adjust the amount of water to obtain a dough which is not very soft, but not too hard or crumbly either.
3. Knead the dough a little, but not much. Just enough to make the dough smooth and even. Some people knead more. Others less. I find just a few minutes to get the dough homogenous and smooth is enough (for my taste).
4. Let stand about 5-8 minutes. Explanation for this: although this recipe calls for yeast, the dough still requires a rest. This pause helps the semolina to hydrate. Indeed, semolina with much larger grains than flour, it takes time to absorb the water. Again, as for kneading, some people sometimes let stand 2 hours. Here too, my version is



faster, express from the use of baking powder.

5. When the dough has rested, make small balls that you flatten by hand or rolling pin to a thickness of 1 cm- 1/2 in.

6. Prick with a fork all over the galette. This will help the galette not fluff or swell.

7. Bake on a Tefal non-stick pan or tadjine without any oil or butter on a low fire.

8. Brown on both sides, but make sure the galette is baked all the way through - about 5 minutes in each side.

9. Continuous turn the galette, so it gets golden brown evenly without burning.

10. Flip over and continue to bake on the other side.

Khoubz f'tir is traditionally enjoyed with dates, and a glass or L'ben or often served with tea or coffee. But is also delicious with jam, honey or cream cheese.

# Beghrir choco

Yield: 12 pancakes

Prep Time: 5 minutes (active) | Cook Time: 8-10 minutes

## Ingredients:

- 250g -1 cup fine or ultra fine semolina
- 120g - 1/2 all purpose flour
- 1/2 TBS instant yeast
- 1 package (10g - 2tsp) baking powder
- pinch of baking soda
- generous 1 tsp vanilla
- 250mL -1 cup milk
- 250mL -1 cup warm water
- pinch of salt
- 2 TBS sugar
- 50g - 3 TBS unsweetened cocoa powder

## Method:

1. Add the liquids into a blender, then all the dry ingredients. Optionally use a stick blender.
2. Blend for a few minutes until the batter is homogenous.
3. Set the batter aside for about 15 minutes to proof.
4. After the 15 minutes, you should see little bubbles forming from the help of the yeast. This is when you know the batter is ready to



use. If there are no bubbles, then your yeast may be old.

5. Turn on your fire and place your pan on the fire.

6. Ladle in the batter into the cold ungreased pan. I use a small ladle that is about 1/4 cup.

7. After a few seconds you will see the holes appear. And is cook in under a minute.

8. Now remove from the pan and place on a clean kitchen towel or parchment. Do not stack them - they will stick!

9. Repeat until you have used all the batter.

Serve with the date syrup or honey + melted butter.



# CINEMA

Don't sit through the whole movie just to be disappointed. 50/Fifty offers you a chance to check out the latest movies hitting the box office each month to help you decide what's worth watching.

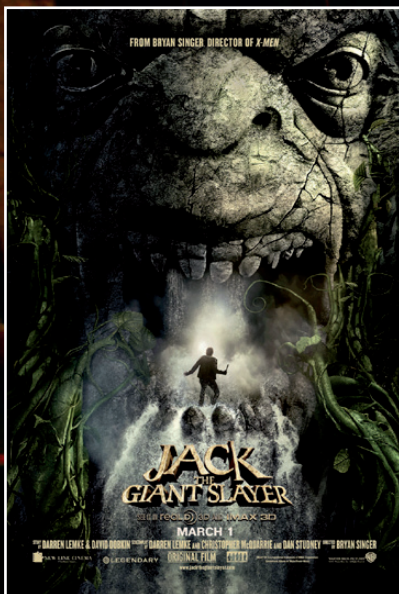
## G.I. Joe Retaliation 3D

29 March 2013 (USA)

**Starring:** Bruce Willis - Channing Tatum, Dwayne Johnson and Ray Park

This movie is another treat for Bruce Willis to be appearing just two months after « A Good Day to Die Hard », which is scheduled to be released in February. Not only are the Joes fighting their mortal enemy Cobra but they also are forced to contend with threats from within

the government which jeopardize their very existence. With most of the Joes being assassinated in the course of the movie, the question is: will the remaining agents be capable of saving the world from total destruction?



## Jack the Giant Slayer

1 March 2013 (USA)

**Starring:** Nicholas Hoult, Stanley Tucci and Ewan McGregor

A modern day fairy tale in which the long-standing peace between men and giants is threatened when a young farmhand unwittingly opens a gateway between our world and a fearsome race of giants.

Unleashed on the Earth for the first time in centuries, the giants strive to reclaim the land they once lost, forcing the young man, Jack, into the battle of his life to stop them, and have his chance to become a legend.

## Admission

8 March 2013 (USA)

**Starring:** Tina Fey, Paul Rudd and Nat Wolff

After her big success in the comedy series « The office », she is making a come back in another movie and this time she's an Admissions officer at Princeton University. Tina Fey who is up for a major promotion takes a

professional risk after she meets a college-bound alternative school kid. He might be the son she gave up to adoption when she was a college student, and that kid is not quite your potential model student!





# REVIEWS

## The Croods

22 March 2013

**Starring (Voices) :** Nicolas Cage, Ryan Reynolds, Emma Stone

The Croods is a prehistoric comedy adventure that follows the world's first family as they embark on a journey of a lifetime when the cave that has always shielded them from danger

is destroyed. Traveling across a spectacular landscape, the Croods discover an incredible new world filled with fantastic creatures-- and their outlook is changed forever.



## The Host

29 March 2013 (USA)

**Starring :** Saoirse Ronan, Diane Kruger and William Hurt

This is the future..and humanity is all but extinct! The earth has been invaded by another species, who erased the minds of humans to take their bodies

as hosts. But there are a few survivors who are still fighting back. Even in those difficult times of peril and war, though, love stories do not grind to a halt.



## Oz the Great and Powerful

8 March 2013 (USA)

**Starring :** James Franco, Michelle Williams and Rachel Weisz

Some people want to be good men - but not Oscar Diggs. He wants to be a great one. When this stage magician is hurled into a fantasy world, the prophecy that all creatures in OZ were waiting for comes

true and he must somehow transform himself into the great and powerful wizard. Plus, his magic is the only thing powerful enough to save them from the Wicked Witch.

